

Inverted Triangle Body Shape: Complete Style and Outfit Guide



The **inverted triangle body shape** is bold, athletic, and striking. Women with this shape usually have shoulders broader than their hips, often accompanied by a fuller bust, a less defined waist, and slim hips and legs. While this silhouette looks strong and confident, dressing it well is all about **creating balance and proportion**.

Here's your complete guide to styling the inverted triangle body shape so you can look and feel your best every day!

Key Features of the Inverted Triangle Body Shape

- Broad shoulders that are wider than the hips
- Fuller bust in many cases
- Straight or less defined waist
- Narrow hips and slim legs
- Athletic and strong appearance

Understanding these features helps you choose styles that balance your frame beautifully.

Best Necklines for Your Shape

- **V-necks and scoop necks:** These create vertical lines that slim the shoulders.
- **Wrap necklines:** Add curves and definition to the bust while elongating the upper body.
- **Avoid boat necks or high necklines,** which widen the appearance of your shoulders.

Tops That Flatter

Stick to simple, clean designs without shoulder embellishments, ruffles, or big sleeves.

Go for **solid, darker colors** on top to visually narrow the shoulders.

Fabrics should be soft and drapery rather than stiff or structured.

Raglan sleeves can help soften the line of the shoulders.

Bottoms That Balance

- **A-line skirts:** Add fullness to the lower body.
- **Wide-leg trousers:** Balance out broader shoulders for a harmonious look.
- **Bright colors and prints** on bottoms draw the eye downward.
- Pleats, ruffles, or pockets on skirts and pants help create curves around the hips.

Dresses That Work Best

- **Wrap dresses:** Cinch the waist and create a lovely hourglass illusion.
- **Fit-and-flare dresses:** Flared skirts balance broad shoulders.
- **Peplum styles:** Add shape and volume to hips, creating proportion.
- Dresses with belts or waist ties emphasize your waist beautifully.
- More Info: Sineshots.com